

Middle/Junior High School Athletic Manual

**Public Schools of North Carolina
State Board of Education
North Carolina Department of Public Instruction
Curriculum and School Reform Services**

**K-12 Program Areas
Elementary Education Division**

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Foreword

A Commitment to Our Children

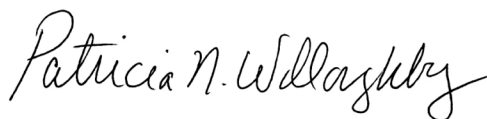
General Statute 115C-47(4) makes it the responsibility of the local board of education to regulate extracurricular activities, including athletics. This statute reads as follows: "Local boards of education shall make all rules and regulations for the conducting of extracurricular activities under their supervision, including a program of athletics..., provided that all interscholastic athletic activities shall be conducted in accordance with rules and regulations prescribed by the State Board of Education." General Statute 115C-47 reflects our state's commitment for youth to be involved in activities that enhance physical, social and emotional well-being.

This revision of the handbook for middle/junior high school athletic programs has been completed to assist local boards of education and their staffs in carrying out the intent and purpose of the statute cited. Recommendations were made by many of you who served in some capacity to the revision of this manual. It is our intent that this manual provides guidelines for LEAs to provide consistency, sportsmanship and fairness for all children who choose to participate in interscholastic athletics. As you would expect, a major focus of the handbook is the safety of the participants.

The effectiveness of any program is based primarily on the understanding and commitment of those who are charged with the responsibility for its implementation. I am convinced that you have that understanding and commitment. It is our hope and belief that this handbook will be an invaluable tool as you continue to improve a program that is already recognized as excellent.



Howard Lee, Chairman
State Board of Education



Patricia Willoughby, State Superintendent
North Carolina Department of Public Instruction

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Interscholastic Athletics

Interscholastic athletics have a vital place in the total educational program when they are effectively planned, organized, administered, supervised, and evaluated. Through school athletics, many of the interests and needs of young people can be served better than through any other channel. For this reason, it is important that school administrators, teachers, students, parents, and community personnel determine what educational objectives seem most desirable and plan athletic programs in keeping with the overall purposes of the school program. These additions should be printed in handbook format and provided to all member schools to ensure compliance and fairness.

Underlying every phase of the athletic program should be a primary concern for the athlete as a person, student, and a member of society. At all times, emphasis should be placed upon progressing levels of maturity both physical and emotional, upon integrity both personal and social, and upon responsibility, both for one's self and to all involved in the athletic program. Any play between organized teams or individuals from different schools is defined as an "interscholastic athletic contest" and shall be subject to all regulations pertaining to such contests. The manual is also designed to align with and complement the components of the middle school concept.

Statutory provisions state that "Local boards of education shall make all rules and regulations necessary for the conducting of extracurricular activities in the schools under their supervision, including a program of athletics, where desired, without assuming liability therefore provided, that all interscholastic athletic activities shall be conducted in accordance with rules and regulations prescribed by the State Board of Education." G.S. 115C-47(4).

State Board of Education Regulations

Realizing the need for acceptable standards for the operation of sound athletic programs on a statewide basis, county and city superintendents, principals, and coaches of the state devised and recommended minimum regulations for consideration by the North Carolina State Board of Education (SBE). The standards, "Regulations Governing Athletes," (page 7) were first adopted by the North Carolina SBE on June 5, 1952. These regulations, which are kept up-to-date through frequent amendments, have been considered as minimum standards for each local administrative unit to abide by or surpass in its efforts to maintain the highest possible standards relative to its interscholastic athletic program.

The following guidelines and stated rules apply to middle/junior high school athletics. The SBE establishes the rules and regulations for the following purposes:

- to maintain consistency in the governance of the middle/junior high school athletic program throughout the state;
- to enhance opportunities for fair play and competition;
- to promote safety for students who choose to participate in athletics at the middle/junior high school level; and
- to impose sanctions on schools, coaches, players, spectators, officials and anyone involved in the athletic program who do not adhere to the rules and regulations and subsequently violates the intent or substance of these rules and regulations.

Middle/Junior High Athletic Eligibility

Only students in grades seven through nine may participate in middle/junior high interscholastic athletic competition, provided ninth grade is housed in the same building with seventh and eighth grades. In order to qualify for public school participation, a student must meet the following requirements:

Academics

In grades seven and eight, the student must pass at least one less course than the number of required core courses each semester and meet promotion standards established by the LEA.

If an athlete is "academically eligible" or "academically ineligible" at the beginning of any semester, that status is retained throughout the full semester. It is the responsibility of the school principal to check the academic status of each student/athlete enrolled in school at the beginning and close of a semester. Promotion is defined as progressing to the next grade.

NOTE: An athlete becomes eligible or ineligible on the first day of the new semester.

Age

The principal must have evidence of the legal birth date of the student. A student shall not participate on a seventh or eighth grade team if the student becomes 15 years of age on or before October 16 of that school year.

A student shall not participate on a ninth grade junior high school team if the student becomes 16 years of age on or before October 16 of that school year. A middle/junior high school student who is overage for middle/junior school play shall be eligible for senior high school participation.

Ninth graders can be divided so that some play with the seventh and eighth grades at the middle school provided the ninth grade is housed at the same building. Others play at the senior high level, depending upon local policy. Once a student begins practicing with a high school team, he/she may not at a later date, move down to the seventh, eighth, or ninth grade (junior high school) team. A ninth grade student beginning play with the junior high school team may, at a later date, move to the high school team but could not return to the junior high school team.

Attendance

A player must be in attendance at least 85% of the previous semester.

Medical Form

The student must receive a medical examination each year (365 days) by a duly licensed physician, nurse practitioner, or physician assistant, subject to the provisions of G.S.90-9, 90-18.1, and 90-18.2. Recommended medical examination forms are found in the Appendices.

Promotion

In grades seven and eight, the student must meet state and local promotion standards each semester. This includes the academic requirement listed above. Regardless of the school organization pattern, a student who is promoted from the sixth grade to the seventh grade automatically meets the courses passed requirement for the first semester of the seventh grade. LEAs should adopt a policy incorporating the gateways or other promotion requirements.

Residence

The student must meet the residence criteria of G.S. 115C-366(a). The student may participate only at the school to which the student is assigned by the LEA. Transfers within the same administrative unit may be governed by the local Board of Education policy. A student transferred from one administrative unit to another by mutual agreement as provided in G.S.115C-366.1 (F) is immediately eligible for athletic participation in the receiving unit.

Semester Rule

No student may be eligible to participate at the middle school level for a period lasting longer than four (4) consecutive semesters beginning with the students entry into seventh grade. The principal shall have evidence of the date of each player's entry into the seventh grade and monitor the four (4) consecutive semesters. The semester rule will be implemented in the 2006-2007 school year.

Eligibility Lists

Eligibility lists shall be certified with the signature of the principal and filed with the local superintendent (or his/her designee) prior to the first game or contest in that sport. One copy shall be kept on file in the office of the principal. All eligible students shall be included and all information must be complete and accurate when certified by the principal. It is recommended to keep these on file for at least three years.

General Rules and Regulations Governed By The State Board of Education

The SBE authorizes the LEA or the conference, of which the school is a member, to administer the rules and regulations. LEAs have the authority to be stricter than State Board of Education policy if they so choose.

Administration and Supervision of Games

The school administration is responsible for adequate supervision of athletic contests to secure safety and proper conduct of athletes, coaches, fans, and officials. Officials should be escorted to safety at the end of every game. It is recommended that a uniformed law enforcement officer(s) be present at basketball and football games.

Amateur Restrictions

Money or awards having utilitarian value (example: clothes, merchandise, cash, gift certificates, golf balls, clubs, tennis balls, rackets, etc.) may not be accepted by student athletes. Loan equipment and supplies are prohibited items.

Cheerleading

Cheerleading is an activity that comes under the control of the LEA and conference. It is recommended that LEAs and schools follow the National Federation spirit rules and guidelines. See the appendix for resource information.

Composite Teams

When an administrative unit is experiencing difficulties in organizing interscholastic athletic teams at the middle/junior high school levels, a local board of education may form composite teams with students from different schools within the administrative unit.

Conforming Rules

To conform middle/junior high school athletic rules with rules governing high school athletics the following shall apply:

- In defining participation in middle/junior high school athletics, dressing and sitting on the bench shall be interpreted as playing in the game.
- Summer school attendance shall not be counted in determining percentage of attendance of athletic eligibility.
- Girls are allowed to participate on a boy's interscholastic athletic team where the school does not have a girl's team in the same sport. (Fast pitch softball is not the same as baseball).
- Boys are not allowed to participate on any girl's team as defined by interpretation of the Office of Civil Rights interpretation of Title IX in 1994.

Filming and Videotaping

Filming or videotaping of a contest by non-participating schools, in any sport, is considered unsportsmanlike conduct unless agreed upon by competing teams.

Games and Contests

Evening contests and/or games shall start no later than 7:00 p.m. when followed by a school day. The exception is for tournaments.

There shall be no interscholastic athletic practice or contest during the regular school day of the school calendar year. There shall be no Sunday practice or contest in any sport. This includes the assembling of members of athletic squads for purposes of viewing films, chalk talks, or other matters pertaining to coaching.

One (1) pre-season scrimmage is permitted with other school teams in each sport. Non-school team scrimmages are not permitted in any sport. The scrimmage does not count as one of the seven (7) football or 14 other sport events.

Teams and individuals shall not participate in more than seven football and 14 other sports or athletic contests during the regular season. Teams and individual students are permitted to participate in one school tournament or play-off championship game in each sport. Conferences may play up to two additional games (except football that may play one) in lieu of a conference tournament.

Teams and/or individuals may participate in only one regularly scheduled football game per week. In other sports, students may participate in two regularly scheduled contests per week.

- Emergency Exception: A single contest postponed because of an emergency may be rescheduled and played in addition to the number of contests permitted per week. This should be decided on by the administration of each conference.
- Make-up Games: Any single contest postponed because of emergency reasons (e.g. inclement weather, epidemics, mid-term exams, etc.) may be rescheduled and played in addition to the regular number of contests allowed per week. With the exception of volleyball and softball games, no team or athlete shall play more than three games in one sport per week.

Football shall be played as a fall sport. All other sports may be played during any sport's season during the school year and begin as follows:

- Fall, beginning of the fall semester not to exceed November 15, (See football regulations.);

- Winter, October 15 to March 1; and
- Spring, February 1 to the end of school.

Although dates permit, sports seasons should not overlap whenever possible.

Off-season skill development sessions are allowed during the school year for seventh and eighth graders. All skill development sessions must be voluntary and open to all athletically eligible students. At no time may a coach require of any student off-season skill development sessions as a measure of continued participation on a team. Any team practice or game environment created in an off-season skill development session is prohibited during the 180-day school calendar. The primary focus of off-season skill development should be on individual student athletes, not team. During the summer, working with individuals, including rising and eligible seventh graders, will be allowed, as long as it is not required.

NOTE: The school administration is responsible for adequate supervision of the off-season skill development sessions and its intended purpose.

Game Rules

Schools shall use the adopted rules in this manual from the Department of Public Instruction. The adopted rules are defined in each sport section. General Statute 115C-47(4) makes it the responsibility of the local board of education to regulate extracurricular activities, including athletics. **Thus, LEAs have the responsibility of monitoring National Federation rules and guidelines and incorporate into local policy yearly.**

Hardship

The local board of education or the conference of which the school is a member shall have the authority to set aside the effect of any (other than the age) eligibility rule upon the individual student when in its opinion the rule fails to accomplish the purpose for which the rule is intended or when the rule works undue hardship upon the student. Such action based on hardships shall be reported in writing to the Athletics Consultant at the Department of Public Instruction.

NOTE: It is to be understood that ordinary cases in ineligibility shall not be considered as coming under the hardship category, and that the conditions which cause the student to fail to meet the eligibility requirements, must have been beyond the control of the school, the student and/or his/her parents. Injuries, illnesses, or accidents, which cause the student to fail to meet one of the basic requirements, are possible causes for hardship consideration.

Head Coaches

In accordance with SBE policy, the head coach of an interscholastic athletic team shall be a bona fide member of the faculty and as such shall be responsible for supervision of

athletic teams during all practices, games, and trips. The local superintendent may, with the concurrence of the local board of education, designate non-faculty persons as head coaches until such time as a suitable bona fide faculty member becomes available. Any person paid or employed as a principal shall not coach interscholastic athletic teams. The head coach is responsible for the conduct of assistant coaches, players, and bench personnel.

Insurance Coverage

Student athletes should have proper insurance coverage. A Lifetime Catastrophic Liability Insurance plan is available to middle and junior high athletes through the North Carolina High School Athletic Association.

Officiating

Officials are recommended to be obtained through a satellite-booking agent of the NCHSAA. Any complaints with the officiating are to be filed with the booking agent making the assignment. Therefore, booking agents should not officiate in the sport, which they are responsible for booking. This is to eliminate any real or perceived conflict of interest. Also, officials should be instructed by the NCHSAA to inform principals when ejections occur. Officials should be escorted to safety at the end of play in all games.

Out-of-State Competition

The local superintendent shall make the decision involving schools playing in out-of-state athletic contests.

State Clinics

It is recommended that the head coach attend one of the NCAAHPERD or North Carolina Coaches Association state clinics in the sport he/she coaches.

Students with Identified Disabilities

Students with identified disabilities are eligible for participation in athletic programs for grades seven through nine. Ninth graders participating in high school athletics are governed by the North Carolina High School Athletic Association.

- Academic eligibility is determined by the student making progress toward meeting the educational goals on the IEP as determined by the school-base committee.
- A student with a disability must meet all other requirements that apply to the regular education student such as age, attendance, and other requirements.

Protest/ Complaints

An established committee of the LEA or adopted conference is responsible for ruling

protests. Decisions made on protests should be based on current SBE/NCDPI regulations and/or printed LEA rules and guidelines. Complaints should be made to the athletic director, principal and/or booking agents.

Sanitary And Safety Measures

A bucket or squeeze bottle with ethyl or isopropyl alcohol 70% phenolic germicide or household bleach diluted with water solution and rubber gloves should be placed at each sporting event for cleaning purposes. Surfaces should be cleaned using the above solution and disposable clean-up materials should be placed in a sealed plastic bag for discarding.

It is important that any time there is blood present, even on uniforms, that it is treated with care regarding its ability to transmit infectious diseases. A supplemental guide for reducing the risk of contracting bloodborne infections in athletic settings is found in the Appendices of this document.

Ejection

For the first offense, the person shall be reprimanded and suspended for the next game at the level of play (varsity or junior varsity) and for any intervening games at either level;

For a second offense, the person shall be placed on probation and suspended for the next two games at that level of play (varsity or junior varsity) and for any intervening games at either level;

For a third offense, the person shall be suspended for one calendar year.

A coach who is suspended at any level of grades 7-12 (middle school, junior high or high school) may not coach in any other grade level in grades 7-12 during the period of suspension.

Penalties are cumulative from sport to sport and from sport season to sport season. If no member of the school's coaching staff is present to assume an ejected coach's duties, the contest shall be terminated by a forfeit.

Sports Regulations

Time Lines

Football shall be played as a fall sport. All other sports may be played during the sport's season during the school year and begin as follows:

- Fall, beginning of the fall semester to November 15, (See football regulations);
- Winter, October 15 to March 1; and
- Spring, February 1 to the end of school.

Baseball

Number of Regular Season Contests

The number of regular season contests is limited to no more than 14. Up to two (2) additional games may be played in lieu of a conference tournament.

Tournaments

The number of tournaments is limited to one single elimination, not to exceed eight (8) teams.

Adopted Game Rules

By conference adoption, middle school team grades seven-eight may use modified distances and should decide on a bat size for the conference play.

Doubleheaders

Teams are allowed to play two (2) games in one day. When playing two (2) games in a day, games are limited to five (5) innings each, except to break a tie. No team or individual shall play more than three (3) games in a week, i.e. Monday through Saturday.

Penalty: Forfeit

Suspended Games

A game called for any reason, where a winner cannot be determined, or any game called at any time for mechanical failure (i.e., artificial lights, water systems, etc.) will be treated as a suspended game. If the game is to be completed it will be continued from the point of suspension with the lineup and batting order of each team the same as the lineup and batting order at the moment of suspension, subject to the rules of the game. If more than four (4) innings have been played and a winner can be determined, the game is over. This rule is effective upon mutual agreement or by conference adoption.

Rained-out Games

If any rained-out baseball game, which would affect the winning of a conference title is to be played, it shall be rescheduled on the same field (exception: suspended games do not have to be rescheduled on the same field), unless changed by mutual agreement by the two schools. Postponed games shall be made up in the order of postponement on the next possible date (excluding Sunday). Saturday will not be used as a make-up day unless mutually agreed upon by both teams. In a situation where a team does not want to make up a game at all, the game will be forfeited to the opponent.

Pitching Limitation: A player is limited to pitching 10 innings Monday through Saturday. One pitch constitutes an inning pitched. (Schools should adopt conference rules to govern pitching outside of school in league play.)

NOTE: Violation of the pitching limitation rule is interpreted as the use of an ineligible player. The penalty is a forfeit of the game for which the ineligible player participated.

Basketball

Number of Regular Season Contests

The number of regular season contests is limited to no more than 14. Up to two (2) additional games may be played in lieu of a conference tournament.

Tournaments

The number of tournaments is limited to one single elimination, not to exceed eight (8) teams.

Adopted Game Rules

Games involving only students in seventh and eighth grade (middle schools) shall be played in six-minute quarters. Games involving teams with combined ninth grade students with students in the eighth and/or seventh grade (junior high) may be played in eight-minute quarters. By Conference adoption, either legal size ball (girls or boys) may be used for boy's competition. A legal size girl's ball shall be used for girl's competition.

Cross Country

Number of Regular Season Contests

The number of regular season contests is limited to no more than 14. Up to two (2) additional contests may be played in lieu of a conference tournament.

Tournament/Championship:

The number of tournaments/championships is limited to one (1).

Adopted Game Rules

The maximum distance for middle/junior high school students is two (2) miles.

Football

Date of First Practice

Practice may begin no earlier than six (6) school days prior to the opening of the school term. A preseason physical conditioning week must be observed. This preseason week shall be as follows:

- The first six (6) days of practice shall be devoted entirely to physical conditioning activities. During the first three (3) days, helmets, T-shirts, shorts and football shoes constitute acceptable dress, and no other football attire shall be worn. On days four (4), five (5) and six (6), complete football attire may be worn, but absolutely no body-to-body contact is permitted. Practice during the six (6) day period shall be limited to a one (1)-a-day period, not to exceed two (2) hours in length. The first three (3) days of this conditioning week are limited to calisthenics, kicking, throwing, running and similar exercises. Arm shields may be used, but tackling or blocking dummies, charging sleds or similar devices may not be used until days four (4), five (5) and six (6). Squad meetings, skull sessions, and film study are not allowed during the six day period, since it shall be for the sole purpose of improving physical conditioning rather than football excellence.
- Contact activities may begin on the seventh (7th) day of practice i.e., as soon as the required physical conditioning phase of practice has been completed. Only one (1)-a-day contact sessions may be conducted and shall not exceed two (2) hours in length.
- It is recommended that water breaks be offered every 20 or 30 minutes and that the following hot weather chart developed by the Sports Medicine Program, State Department of Public Instruction, be followed. It is also recommended that EMS be available on game days and that athletes do daily weigh-ins in order to monitor weight loss.

Table 1 - Temperature/Humidity

Temperature (Fahrenheit)	Humidity	Procedure
80 - 90	under 70%	Observe those athletes susceptible to heat illness,

		especially those that are obese.
80 - 90	over 70%	All athletes should be under constant careful supervision. Breaks every 20 or 30 minutes. Fluid replacement very important.
90 and above	over 70%	A shortened program conducted in shorts and T-shirts. Additional fluid replacement breaks are necessary. May need to suspend practice.

Table 2 - Wet-Bulb Temperature

Wet Bulb	Procedure
under 69 degrees	No precautions necessary except close observation of those athletes most susceptible to heat illness (those who lose over 3% of their body weight as determined from weight chart).
69 - 79 degrees	Unlimited amounts of water are made available on the field. Ice water preferable.
over 80 degrees	Lighten the practice routine and practice in shorts. May need to withhold susceptible players from practice.

A player shall have participated in a minimum of nine (9) separate days of team practice, three (3) of which shall be in pads before participating in a football contest with outside competition. The exception to this is soccer players who are used as a kicker.

Tie Breaker

If at the end of the fourth (4th) quarter the teams have identical scores, the tie may be resolved by the method of the ten (10) yard line overtime procedures as set forth by the National Federation Football Rules Book. Teams should notify booking agents regarding the rule that allows the Tie Breaker so he/she can inform the game officials.

Number of Regular Season Contests

No more than one (1) contest may be scheduled per week for a total of seven (7) games. An individual is limited to only one (1) game per week. Play-off/championship games are not to be scheduled as a regular season contest. (Up to one additional game may be played in lieu of a conference tournament.)

Play-offs/Championships

Play-offs/Championships are limited to one (1) post-season game.

Adopted Game Rules

Based on adopted game rules, games involving only students in the seventh and eighth grade (middle/junior high schools) shall be played in eight (8) minute periods. Games involving teams with combined ninth grade students with students in the eighth and/or seventh grade (junior high) may be played in ten minute periods. By Conference adoption, a youth legal size ball may be used in middle/junior high competition.

Summer Camp

No contact is allowed during summer camps.

Golf

Number of Regular Season Contests:

The number of regular season contests is limited to no more than 14. Regular season matches are limited to nine holes. However, in tournament play, 18 holes are permitted. Up to two (2) additional games may be played in lieu of a conference tournament.

Tournament

The number of tournaments is limited to one (1), and athletes may play 18 holes.

Game Rules:

Games rules follow those of the US Golf Association.

Gymnastics

Number of Regular Season Contests:

The number of regular season contests is limited to no more than 14. Up to two (2) additional contests may be played in lieu of a conference tournament.

Tournament/Championship

The number of tournaments/championships is limited to one (1).

Soccer

Number of Regular Season Contests

The number of regular season contests is limited to no more than 14. Up to two (2) additional games may be played in lieu of a conference tournament.

Tournament

The number of tournaments is limited to one (1) single elimination, not to exceed eight (8) teams.

Adopted Game Rules

The game shall be played in two (2) 30-minute halves. If a tie score exists at the end of regulation play in regular season conference or non-conference games with prior mutual consent of the teams, play will continue with two overtime periods of five (5) minutes each. If there is no winner at that point, the game shall be considered a tie for both teams.

Tournament Play

In tournament play, the National Federation Progression Format may resolve tied games, but penalty kicks rather than shoot-out procedures shall be utilized.

Suspended Game Rule

If a game is suspended due to bad weather, light failure, etc.:

- If the game is suspended in the first half, even if one team is ahead, game is to pick up from the point of interruption unless coaches agree to end.
- If the game is suspended at half time or beyond, the game is over. If the score is tied when the game is suspended, then the game ends in a tie. If one team is ahead when the game is suspended, then that team is the winner.

Softball (Slow, Fast, and Modified Pitch)

Number of Regular Season Contests

The number of regular season contests is limited to no more than 14. Up to two (2) additional games may be played in lieu of a conference tournament.

Tournament

The tournament is limited to one single elimination, not to exceed eight (8) teams.

Softball Exception

Two (2) doubleheaders [limited to six (6) innings per game except to break a tie] are permitted per week where mutually agreed upon by both teams.

Fast/Modified Pitch Softball Exception

Two (2) doubleheaders [limited to **five** (5) innings per game except to break a tie] are

permitted per week where mutually agreed upon by both teams.

NOTE: By conference adoption, the legal size 12 inch or 11 inch ball may be used for girl's competition. The legal size 12 inch ball shall be used for boy's competition.

Suspended Games

A game called for any reason, where a winner cannot be determined, or any game called at any time for mechanical failure (i.e., artificial lights, water systems, etc.) will be treated as a suspended game. If the game is to be completed it will be continued from the point of suspension with the lineup and batting order of each team the same as the lineup and batting order at the moment of suspension, subject to the rules of the game. If more than 4 1/2 innings have been played and a winner can be determined, the game is over.

This rule is effective upon mutual agreement or by conference adoption.

Rained-out Games

If any rained-out softball game, which would affect the winning of a conference title is to be played, it shall be rescheduled on the same field. The exception is that suspended games do not have to be rescheduled on the same field) unless changed by mutual agreement by the two schools. Postponed games shall be made up in the order of postponement on the next possible date (excluding Sunday). Saturday will not be used as a make-up day unless mutually agreed upon by both teams. In a situation where a team does not want to make up a game at all, the game will be forfeited to the opponent.

Tennis

Number of Regular Season Contests

The number of regular season contests is limited to no more than 14. Up to two (2) additional matches may be ran in lieu of a conference tournament.

Adopted Game Rules

Adopted game rules are those of the US Tennis Association.

Track and Field

Number of Regular Season Contests

The number of regular season contests is limited to no more than 14. Up to two (2) additional matches may be run in lieu of a conference tournament.

Tournament/Championship

The number of tournaments/championships is limited to one (1).

Adopted Game Rules

- Ninth grade students may compete in a maximum of four (4) events, of which only three (3) may be running events, including relays.
- Seventh and eighth grade students may compete in a maximum of three (3) events.
- The maximum distance for middle/junior high school students is two (2) miles.

The following order of events was developed as a guide to arrange track and field competition that will best meet the needs of middle/junior high school students, unless by mutual agreement of the officials of the competing teams prior to the day of competition. The order of events shall be shown in the following tables:

Table 3: Track Events

Ninth Grade		Seventh and Eighth Grades	
Boys	Girls	Boys	Girls
75m High Hurdles	75m Low Hurdles	_____	55 m Low Hurdles
100m Dash	100m Dash	100m Dash	100m Dash
_____	800 m Relay	1600m Run	1600m Run
1600m Run	1600m Run	(or 2100m) Run	(or 1200m) Run
400m Relay	400m Relay	400m Relay	400m Relay
400 m Dash	400m Dash	400m Dash	400m Dash
300m Low Hurdles	_____	110m Low Hurdles*	_____
800m Run	800m Run	800m Run	800m Run
200m Dash	200m Dash	200m Dash	200m Dash
3200m Run	3200m Run	800m Relay	800m Relay
1600m Relay	1600m Relay	_____	_____

*In meetings involving only seventh and eighth grade boys and girls, the boy's 110 low hurdles may be run as the first event.

Table 4: Field Events

Ninth Grade		Seventh and Eighth Grades	
Boys	Girls	Boys	Girls
High Jump	High Jump	High Jump	High Jump
Long Jump	Long Jump	Long Jump	Long Jump

4.0kg Shot	4.0kg Shot	4.0kg Shot	4.0kg Shot
Discus	Discus	Discus	Discus
Pole Vault	_____	Pole Vault	_____

Table 5: Hurdle Specifications

Event	Hurdle Height	Number of Hurdles	Start to 1st Hurdle	Between Hurdles	Last Hurdle to Finish
Boys 75 m H H	36" or 39"	6	13.716 m (45')	9.144 m (30')	55.565 m (51' 1")
Girls 55 m L H	30"	5	13.0 m	8.5 m	8.0 m
Girls 75 m L H	30"	7	13.0 m	8.5 m	11.0 m
Boys 110 m L H	30"	5	18.288 (60') m	18.288 (60') m	18.56 m 60'10 3/4
Boys 300 m L H	30"	8	45 m 147' (71'2") m	35 m (114'10")m	_____

Field events should be started before the running program in order to be completed prior to the final running event.

Specification for Implements Used in Events:

The discus shall weigh two (2) lbs., 3.27 oz. (1 kg) and have the following minimum and maximum dimensions: Diameter 7 1/8 in. - 7 1/8 in (180 mm - 182 mm) with a thickness of 1 1/2 in. - 1 5/8 in (37 mm - 39 mm) at the center and 1/2 in. - 1/4 in. (12 mm - 6 mm) from the outer edge which shall be rounded with a radius of 1/4 (6 mm). The discus shall have a core two in (50 mm).

The shot shall consist of a solid sphere of any metal not softer than brass weighing 4.0 kg (8 lbs. 13 oz.). It shall have a diameter of at least 3 3/4 in., but not more than 4 1/4 in. (95 - 108 mm).

The scratch line in long jump should be approximately eight (8) feet from the edge of the landing pit.

Other equipment will be similar to that used at the high school level.

Volleyball

Number of Regular Season Contests

The number of regular season contests is limited to no more than 14. Up to two (2) additional games may be played in lieu of a conference tournament.

Tournament

The number of tournaments is limited to one (1) single elimination, not to exceed eight (8) teams.

Number of Weekly Contests

No more than two (2) matches are allowed per week. The exception for volleyball is that two (2) doubleheaders are permitted per week.

Matches

In regular season and tournament play, matches shall be decided by at least the best two (2) of three (3) games.

Adopted Game Rules

By conference adoption, the net may be lowered to minimum of six (6) feet, four (4) inches.

Wrestling

Number of Regular Season Contests

The number of regular season contests is limited to no more than 14. Up to two (2) additional matches may be played in lieu of a conference tournament.

Tournament

The number of tournaments is limited to one (1) single elimination, not to exceed eight (8) teams. The exception is that a third and fourth place may be determined in tournament play. Schools may schedule one (1) regular season contest the week of the tournament.

Weight Classifications:

For both middle and junior high schools the weight classes are as follows:
83, 93, 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, and heavy weight.

LEAs may add an additional weight class of 215 by conference adoption. The maximum weight for the heavy weight contestants will be 250 pounds. The minimum weight for the 250 pound class is 188 pounds. If LEAs do adopt a 215 weight class, then the minimum for having weight becomes 190. The minimum weight for an 83 pound contestant is 68 pounds. The minimum weight for a 93 pound contestant is 78 pounds. A two (2) pound growth allowance will be allowed after January 15th each year.

Note: The use of artificial weight loss devices/measures are prohibited.

Sanitary And Safety Measures

A bucket or squeeze bottle with ethyl or isopropyl alcohol 70% phenolic germicide or household bleach diluted with water solution and rubber gloves should be placed at each sporting event for cleaning purposes. Surfaces should be cleaned using the above solution and disposable clean-up materials should be placed in a sealed plastic bag for discarding.

It is important that any time there is blood present, even on uniforms, that it is treated with care regarding its ability to transmit infectious diseases. (See Appendices.)

NOTE: During the match each coach will be responsible for cleaning their own wrestler, and the home team is responsible for cleaning the mat as referred to in the National Federation Rule book.

NOTE: It is recommended that coaches monitor daily weigh-ins with weight loss not to exceed 3 pounds per week.

Adopted Game Rules

Time of Bouts: First period shall be one (1) minute, second and third periods shall be two (2) minutes.

No wrestler may represent his school in more than one (1) weight class in any meet or compete in more than three (3) full-length matches in tournament or championship play in any one (1) day. A minimum of one (1) hour of rest between matches shall be observed.

A contestant shall not wrestle more than one (1) weight class above the class for which his/her actual stripped weight, at the end of the weigh in, qualifies him/her.

Recommendations for Sportsmanship/Ejection Policy

The LEA, which has jurisdiction over the school, may impose additional penalties. LEAs or conferences that adopt additional penalties should have penalties published prior to the first game in the first sport of the school year. Officials should be instructed to notify the principal of the school from which an ejection has occurred for the following to be enforced.

This policy applies to all persons involved in athletic contest, including student-athletes, coaches, managers, and game administrators. The examples below include behavior or conduct which will result in an ejection from a contest.

- Fighting includes, but is not limited to, combative acts such as:
 - ♦ an attempt to strike an opponent with a fist, hands, arms, legs, or feet;
 - ♦ an attempt to punch or kick an opponent, regardless of whether or not contact is made;
 - ♦ an attempt to instigate a fight by committing an unsportsmanlike act toward an opponent that causes an opponent to retaliate;
 - ♦ leaving the bench area to participate in a fight (contact or no contact);
- taunting or baiting;
- profanity directed toward an official or opponent;
- obscene gestures, including gesturing in such a manner as to intimidate; and
- disrespect when addressing or contacting an official.

Penalty for an Ejection

APA Code is mandated and not recommended. It is a minimum standard for schools to enforce.

For a First Offense:

the person shall be reprimanded and suspended for the next game at the level of play (varsity or junior varsity) and for any intervening games at either level;

For a Second Offense:

the person shall be placed on probation and suspended for the next two games at that level of play (varsity or junior varsity) and for any intervening games at either level:

For a Third Offense:

the person shall be suspended for one calendar year.

A coach who is suspended at any level of grades 7-12 (middle school, junior high or high school) may not coach in any other grade level in grades 7-12 during the period of suspension.

Note: Penalties are cumulative from sport to sport and from sport season to sport season. Ejections in the last game of the season carries over to the next sport

in which the individual participates that year. Ejected players may practice but not play. Ejected coaches may not be on the premises for a contest. If no member of the school's coaching staff is present to assume an ejected coach's duties, the contest shall be terminated by a forfeit.

Other Recommendations:

Teams in the following situations will not be allowed to participate in Tournament play or the remainder of the season (for those who do not play a tournament):

- a team whose players and coaches accumulate six (6) or more individual ejections during the regular season.
- a team whose players and coaches accumulate more than three (3) individual ejections for fighting during the regular season.

Recommendations for Penalty Code

Enforcement of the Rules and Regulations

Penalty Code

The local board of education or the conference which the school is a member (if a school participates in a conference that involves more than one local board of education) shall adopt and enforce a penalty code. This code should be published and distributed to each athletic and administrative member of your school prior to the first game of the first season. (The following penalty code developed by the Department of Public Instruction in the event you have not previously developed your own penalty code.)

Violations of these regulations may result in a reprimand, probation, suspension, forfeiture of games and/or ineligibility.

A coach found guilty of conduct inconsistent with a wholesome athletic program may be

- suspended and placed on probation.
- suspended from directing a team.

If a coach or school official is ejected from a game or if a coach or school official removes his/her team from a contest before the termination of the contest, the coach or school official will be placed on probation until an investigation is made by the LEA or adopted conference. The schools involved shall immediately report in writing to the conference president and the local superintendent.

A student found guilty of misconduct may be

- placed on probation;
- suspended from participation in a sport or sports for a period of time.

An official found guilty of misconduct may be

- placed on probation;
- suspended from participation in a sport or sports for a period of time.

If team members not participating in a game come onto the playing surface during an event or immediately thereafter to engage in conflict, that team shall be placed on probation and may not participate until a decision is rendered by the LEA or conference.

Schools not filing a completed eligibility list with the local superintendent's office for any interscholastic athletic team shall be suspended from playing in that sport until such list is received by the local superintendent's office.

Any school that uses an ineligible player in any contest is to immediately drop the player from the team and forfeit all games in which the ineligible player participated. (This includes individual sports.)

Game officials shall be appointed by an authorized booking office. Under no circumstances shall a game be played when officials are taken from the audience of spectators or from school personnel. (Exception: In an emergency situation, North Carolina High School Athletic Association certified officials may be used when permission is acquired from the office of the local superintendent of the home team or host school.)

Once a school becomes a member of a conference a unanimous vote of all other conference members is required to remove that school from that conference. Such removal may not take place until that year following the unanimous vote.

Definitions of Probation and Suspension

If a school or individual is placed on probation, the school or the individual is put on a trial period for a specific time. At the end of this trial period, the LEA or the conference of which the school is a member shall review the school or individual's conduct and behavior and advise the school or individual of their status. During the probationary period, a school or individual may participate in all interscholastic activities unless otherwise stipulated by the governing authority. If while on probation a school or individual is found guilty of a second violation, the school shall be barred from participation and the individual shall be barred from participating at the discretion of the LEA or conference of which the school is a member.

A school or individual may be suspended in a particular sport or in all sports.

Appendices

State Board of Education Administrative Code
.0202 INTERSCHOLASTIC ATHLETICS

- (a) Only students in grades 7-12 may participate in interscholastic athletic competition. In order to qualify for public school participation, a student must meet the following requirements:

- (1) The student must meet the residence criteria of G.S. 115C-366(a).
G.S. 115C-366(a) states “All students under the age of 21 years who are domiciled in a school administrative unit who have not been removed from school for cause, or who have not obtained a high school diploma, are entitled to all the privileges and advantages of the public schools to which they are assigned by local boards of education.”

The student may participate only at the school to which the student is assigned by the LEA.

- (2) The principal must have evidence of the legal birth date of the student. The age limits for students as of October 16 of each year are:
- (A) no older than age 18 for high school;
 - (B) no older than age 16 for ninth-grade or junior high school; and
 - (C) no older than age 15 for seventh or eighth grade.
- (3) In grades 9-12, the student must pass at least five courses each semester and meet promotion standards established by the LEA. In grades 7 and 8, the student must pass at least one less course than the number of required core courses each semester and meet promotion standards established by the LEA. For high schools on a 4 period block, students must pass at least three courses each semester. Regardless of the school organization pattern, a student who is promoted from the eighth grade to the ninth grade automatically meets the courses passed requirement for the first semester of the ninth grade.
- (4) The student must receive a medical examination each year (365 days) by a duly licensed physician, nurse practitioner, or physician assistant, subject to the provisions of G.S. 90-9, 90-18.1, and 90-18.2.
- (5) The student may not participate after any of the following:

- (A) graduation;
 - (B) becoming eligible to graduate;
 - (C) signing a professional athletic contract;
 - (D) receiving remuneration as a participant in a athletic contest; or
 - (E) participating on an all-star team or in an all-star game that is not sanctioned by the association of which the student's school is a member. The student is ineligible only for the specific sport involved.
- (6) A high school student may participate only during the eight consecutive semesters beginning with the student's first entry into grade nine.
- (b) Each principal of a school which participates in interscholastic athletics must certify a list of eligible students for each sport.
- (c) Any athlete, coach or school official in grades 7-12 who is ejected from any athletic contest shall be penalized as follows:
 - (1) for the first offense, the person shall be reprimanded and suspended for the next game at the level of play (varsity or junior varsity) and for any intervening games at either level;
 - (2) for a second offense, the person shall be placed on probation and suspended for the next two games at that level of play (varsity or junior varsity) and for any intervening games at either level;
 - (3) for a third offense, the person shall be suspended for one calendar year.
 - (4) A coach who is suspended at any level of grades 7-12 (middle school, junior high or high school) may not coach in any other grade level in grades 7-12 during the period of suspension.
 - (5) Penalties are cumulative from sport to sport and from sport season to sport season. If no member of the school's coaching staff is present to assume an ejected coach's duties, the contest shall be terminated by a forfeit.
- (d) LEAs may allow their schools to belong to the North Carolina High School Athletic Association (NCHSAA), which has established as a minimum the rules adopted by the SBE. The NCHSAA may waive any eligibility requirement contained in this Rule, except the age requirement, if it finds that the rule fails to accomplish its purpose or it works an undue hardship when applied to a particular student. The NCHSAA may enforce penalties for the violation of this Rule at the high school level.
- (e) The LEA, which has jurisdiction over the school, may impose additional penalties. LEAs or conferences may adopt and impose penalties at the middle and junior high school levels.

The previously stated rules apply to middle/junior and high school athletics, but certain

explanatory notes and technical modifications are necessary in utilizing these rules in governing middle/junior high school athletics. The SBE establishes the rules and regulations for the following purposes:

- (1) To maintain consistency in the governance of the middle/junior high school athletic program throughout the state
- (2) To enhance opportunities for fair play and competition
- (3) To promote safety for students who choose to participate in athletics at the middle/junior high school level
- (4) To impose sanctions on schools, coaches, players, spectators, officials and anyone involved in the athletic program who do not adhere to the rules and regulations and subsequently violates the intent or substance of these rules and regulations.

Sports Participation History Form

Form Currently Recommended by the NCMS Sports Medicine Committee

Patient's Name: _____ Age: _____

Athlete's Directions: Please review all questions with your parent or guardian and answer them to the best of your knowledge.

Physician's Directions: We recommend repeating the thirteen questions listed below and carefully reviewing details of any positive answers.

Yes	No	Don't Know	
			1. Has anyone in the athlete's family (grandmother, grandfather, mother, father, brother, sister) died suddenly before age 50?
			2A Has the athlete ever stopped exercising because of dizziness or passed out during exercise?
			2B Has the athlete ever been told he/she has a heart murmur or heart problem?
			3. Does the athlete have asthma (wheezing), hay fever, or coughing spells after exercise?
			4. Has the athlete ever had a broken bone, had to wear a cast, or had an injury to any joint?
			5. Does the athlete have a history of a concussion (getting knocked out)?
			6. Has the athlete ever suffered a heat -related illness (heat stroke)?
			7. Does the athlete have anything he/she wants to talk about to the doctor?
			8. Does the athlete have a chronic illness or see a doctor regularly for any particular problem?
			9. Does the athlete take any medicine?
			10. Is the athlete allergic to any medications or bee stings?
			11. Does the athlete have only one of any paired organs (eyes, ears, kidneys, testicles, ovaries, etc.)?
			12. Does the athlete wear contacts or eye glasses?
			13. Date of last tetanus booster, DATE _____

Elaborate on any positive answer:

I have answered and reviewed the questions above and give permission for my child to participate in sports.

Signature of Parent or Guardian

Date _____ Phone (____) _____

(OVER)

Examination

Patient's Name _____ BP _____ WT _____
(Minimal wt _____) HT _____ Vision (R) _____ (L) _____

2. Musculoskeletal Exam

	NORMAL	ABNORMAL	RECORD laxity, weakness, instability, decreased ROM
Neck			
Knee			
Ankle			
Shoulder			
Feet			
Scoliosis/Spine			
Other Orthopedic Problems			

3. Cardiovascular Exam

	NORMAL	ABNORMAL	NOT DONE	COMMENTS
ENT				
Chest				
Abdomen				
Genitalia				
Skin				

9. ASSESSMENT: ☐ No problems identified ☐ Other _____

10. RECOMMENDATIONS: ☐ Unlimited ☐ Limited to specific sports ☐ Deferred until
(e.g., rehab., recheck, consultation, lab, etc.)

11. RE-EXAM: ☐ Yearly and after any injury that limits participation for greater than one week.
☐ Other

I certify that I have examined the above student and that such examination revealed (☐ Conditions ☐ No conditions) that would prevent this student from participation in interscholastic sports.

Licensed to practice medicine in North Carolina? ☐ Yes ☐ No

Signature _____ Phone # (____) _____ Date: _____

Address: _____

If student is not qualified, list reasons for disqualification: _____

(The following are considered disqualifying until medical and parental released are obtained: acute infections, obvious growth retardation, diabetes, jaundice, severe visual or auditory impairment, pulmonary insufficiency, organic heart disease or hypertension, enlarged liver or spleen, hernia, musculoskeletal deformity associated with functional loss, history of convulsions or concussions, absence of one kidney, eye, testicle, or ovary, etc.)

Code of Conduct for Coaches

Adapted from NCHSAA and the NC Coaches Association

When entering the coaching profession, a coach accepts certain obligations and responsibilities to the players, fellow coaches, and to the game each coach directs. If we are to keep the coaching profession on a high level, we must assume all the responsibilities in such a way that we will give our profession honor and dignity.

The coach in contact with each player should by principle and example of the highest ethical and moral conduct with the student-athlete, officials, athletic directors, school administrators, the conference president, the media, and the public, for he/she influences those more than any other person. Parents put their dearest possessions under your guidance, and you should be sure to see that they are better for having played under you.

Coaches shall actively promote good sportsmanship of spectators by working closely with administrators, cheerleaders, pep club sponsors, and boosters.

The coach shall meet rival coaches before and after each game and exchange greetings. The coach shall respect and support contest officials by avoiding conduct which will incite players or spectators against officials.

The coach shall see that every injured athlete is given immediate medical attention.

The coach shall remember that first function is to educate a student through participation in athletics.

The coach shall know the game rules and be responsible for their interpretation to team members. Additionally, the coach shall not try to seek an advantage by circumvention of the spirit or letter of the rules.

The coach shall be sure that every participant fulfill all the rules and regulations for eligibility.

The coach shall inspire every student to achieve the highest academic success possible. The coach shall work in harmony with the entire interscholastic program of the school.

Every coach shall advise players as to the proper conduct in meetings with the press, radio, and how to conduct themselves in player interviews, both

for their protection and to avoid any embarrassment.

The coach shall take an active role in the prevention of alcohol, tobacco and other drug abuse while stressing the importance of a healthy lifestyle.

The coach shall discipline athletes who display unacceptable behavior.

Coaches' Responsibilities

It is the duty of all concerned with Middle School Athletics:

To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.

To eliminate all possibilities which tend to destroy the best values of the game.

To stress the values derived from the playing the game fairly.

To show cordiality to visiting team and officials.

To establish a happy relationship between visitors and hosts.

To respect the integrity and judgment of sports officials.

To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.

To encourage leadership, use of initiative, and good judgment by the players on the team.

To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.

To remember that an athletic contest is only a game - not a matter of life or death for player, coach, school official, fan, community, state, or nation.

To avoid unfavorable criticism of other coaches and school officials, except that formally presented to the proper authorities.

To report to the proper authorities matters which are detrimental to the welfare of the Conference.

To promote healthy lifestyles and not one of alcohol, tobacco, or other drugs.

Sportsmanship for Students and Spectators

Students and spectators should

- realize you represent the school as does a member of the team; therefore, you have an obligation to be a true sportsman, encourage through this behavior the practice of good sportsmanship by others;
- recognize that a good sportsmanship is more important than victory by approving and applauding good team play, individual skill and outstanding examples of sportsmanship and fair play exhibited by either team;
- remember that the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social, and emotional well being of the players through the medium of contest; and
- be modest in victory and gracious in defeat respect the judgment and integrity of game officials.

Reducing the Risk of Contracting Bloodborne Infections

(HIV and Hepatitis B Virus) Universal Hygienic Precautions for the Athletic Setting

1. Before competing, cover any open wounds you might have to reduce the transfer of blood from one open wound to another.
2. Athletes should render first -aid to themselves and cover their own wounds, whenever possible. This reduces the risk of transmitting a bloodborne virus from one person to another.
3. When rendering first-aid to others, wear protective gloves anytime blood or other body fluids containing visible blood, open wounds, or mucous membranes are involved. Clean gloves should be worn for each athlete or the recurrence of an injury with the same athlete in any practice has occurred following treatment.
4. If you get someone else's blood or other body fluid containing visible blood on yourself, wear protective gloves and wipe it off with a disposable towel using a solution known to inactivate bloodborne pathogens. Soap and water or antiseptic hand cleaner in conjunction with clean cloth/paper towels or antiseptic towelettes, are recommended by OSHA. Cloth towels should be used only once before laundering and disposable towels/towelettes should be discarded properly. Proper disposal would be the use of a plastic-lined container with a lid, labeled with biohazards waste label.
5. If blood or other body fluids containing visible blood are present during practice or competition, play should be stopped, the injured athlete removed from the activity and given proper attention, and any contaminated surface should be cleaned. A uniform saturated with blood should be changed. Any open wounds should be cleaned, the bleeding should be stopped, and the wounds should be covered before the athlete is allowed to continue participation.
6. Do not use common towels to clean surfaces contaminated with blood or other body fluids containing visible blood. The use of common towels any time during athletics is a very poor health habit. Personalize towels, cups, and water bottles with the individuals name or number.
7. When cleaning contaminated surfaces, use a solution of household bleach and water or a commercially-prepared, EPA-approved solution. The household bleach solution should be mixed fresh daily and should be a dilution of 9 parts water to 1 part bleach.
8. All blood contaminated linen such as uniforms and towels should be pre-soaked and then washed in hot, soapy water.
9. Wash all soiled uniforms, towels, and other dirty linen in warm or hot soapy water. Use a normal laundry cycle and follow the washer and detergent manufacturer's recommendations.
10. In general, use good hygienic practices. Shower each practice or competition, using a liberal amount of soap and water. Avoid sharing towels, cups, and water bottles.

NORTH CAROLINA STATE BOARD OF EDUCATION
Policy Manual

Policy Identification

Priority: Healthy Students in Safe, Orderly & Caring Schools

Category: Safe Schools Program Guidelines

Policy ID Number: SS-A-007

Policy Title: Policy for anti-harassment, bullying, and discrimination

Current Policy Date: 07/01/2004

Other Historical Information:

Statutory Reference:

Administrative Procedures Act (APA) Reference Number and Category:

It is the priority of the State Board of Education to provide each and every student in North Carolina's public schools and public charter schools with a safe, orderly, and caring learning environment that is free from harassment, bullying or discrimination.

The Department of Public Instruction shall provide guidance and technical assistance to local boards of education to develop policies and procedures to prevent, intervene, investigate, document and report all forms of harassment, bullying, and discrimination. The State Board of Education shall require each LEA to designate an individual(s) to participate in the Department of Public Instruction training pertaining to anti-bullying, anti-harassment, and anti-discrimination. This individual(s) will provide leadership and training to the school district in developing policies and procedures.

Each local board of education shall develop and maintain policies and procedures to prevent, intervene, investigate, document, and report all acts of harassment, bullying, or discrimination no later than January 2005.

Each local board of education shall also establish a policy prohibiting acts of retaliation for reporting violations of the anti-harassment, anti-bullying and anti-discrimination policy as stated in the Federal Guidelines provided by the Office for Civil Rights <http://www.ed.gov/about/offices/list/ocr/checklist.html>.

Each local board of education shall notify all students, parents, and employees in writing of the policies and procedures.

The Local Board of Education shall report all verified cases of harassment, bullying, or discrimination to the State Board of Education on the Discipline Data Collection Report.

Checklist for a Comprehensive Approach to Addressing Harassment

<http://www.ed.gov/about/offices/list/ocr/checklist.html>

- Board members, district administrators, and the superintendent recognize the urgency of the problem of unlawful harassment and hate crime, identify people and agencies that can help them develop effective prevention and response strategies, and compile a library of useful materials
- School officials select personnel to work on creating an effective anti-harassment program in consultation with parents, students, and community groups
- Compliance coordinators are appointed and trained
- School personnel assess the school climate to determine the prevalence and types of harassment that may exist and the potential for hate-motivated violence
- School district adopts a written anti-harassment policy or reviews and revises existing policies for accuracy, clarity and legal compliance; the policy is clearly communicated to all members of the school community; and school personnel and students are held accountable for their actions
- School district develops a formal grievance procedure and takes steps to make sure it is working properly
- Instructional personnel use or supplement the district's curriculum and pedagogical strategies to foster respect and appreciation for diversity
- School sites institute, improve, or expand age appropriate student activities to prevent or reduce prejudice and conflict
- School district and individual school sites institute specific measures to respond immediately and effectively when harassment occurs to stop the harassment and prevent recurrence
- School officials flexibly apply response mechanisms to both the victim and the perpetrator, taking into account the parties' ages and the context of the behavior
- School personnel continually monitor the school climate and promptly address problems that could lead to harassment or violence or that indicate that harassment could be occurring
- Appropriate school officials become familiar with pertinent civil and criminal laws at the state, local, and federal levels, so that they are able to recognize possible civil rights violations, hate crimes and other criminal acts

- Schools develop guidelines and procedures for collaboration with law enforcement officials, make appropriate referrals to outside agencies, and designate liaison personnel
- Crisis intervention plans are in place to minimize the possibility of violence or disruption of the educational process
- District-level personnel and individual school sites form continuing partnerships with parents and the community to prevent hate crimes and harassing behaviors
- Staff training and professional development programs support the district's anti-harassment efforts
- All harassment incidents are carefully documented and incidents are reported to outside authorities as required
- District regularly assesses the effectiveness of its anti-harassment efforts

Source: Protecting Students from Harassment and Hate Crime, A Guide for Schools, January 1999

**Further Clarification of Intercollegiate Athletics
Policy Guidance
Regarding Title IX Compliance**

**UNITED STATES DEPARTMENT OF EDUCATION
OFFICE FOR CIVIL RIGHTS
400 MARYLAND AVE., S.W.
WASHINGTON, D.C. 20202-1100**

THE ASSISTANT SECRETARY

July 11, 2003

Dear Colleague:

It is my pleasure to provide you with this Further Clarification of Intercollegiate Athletics Policy Guidance Regarding Title IX Compliance.

Since its enactment in 1972, Title IX has produced significant advancement in athletic opportunities for women and girls across the nation. Recognizing that more remains to be done, the Bush Administration is firmly committed to building on this legacy and continuing the progress that Title IX has brought toward true equality of opportunity for male and female student-athletes in America.

In response to numerous requests for additional guidance on the Department of Education's (Department) enforcement standards since its last written guidance on Title IX in 1996, the Department's Office for Civil Rights (OCR) began looking into whether additional guidance on Title IX requirements regarding intercollegiate athletics was needed. On June 27, 2002, Secretary of Education Rod Paige created the Secretary's Commission on Opportunities in Athletics to investigate this matter further, and to report back with recommendations on how to improve the application of the current standards for measuring equal opportunity to participate in athletics under Title IX. On February 26, 2003, the Commission presented Secretary Paige with its final report, "Open to All: Title IX at Thirty," and in addition, individual members expressed their views.

After eight months of discussion and an extensive and inclusive fact-finding process, the Commission found very broad support throughout the country for the goals and spirit of Title IX. With that in mind, OCR today issues this Further Clarification in order to strengthen Title IX's promise of non-discrimination in the athletic programs of our nation's schools.

Title IX establishes that: "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination

under any education program or activity receiving Federal financial assistance."

In its 1979 Policy Interpretation, the Department established a three-prong test for compliance with Title IX, which it later amplified and clarified in its 1996 Clarification. The test provides that an institution is in compliance if 1) the intercollegiate- level participation opportunities for male and female students at the institution are "substantially proportionate" to their respective full- time undergraduate enrollments, 2) the institution has a "history and continuing practice of program expansion" for the underrepresented sex, or 3) the institution is "fully and effectively" accommodating the interests and abilities of the underrepresented sex.

First, with respect to the three-prong test, which has worked well, OCR encourages schools to take advantage of its flexibility, and to consider which of the three prongs best suits their individual situations. All three prongs have been used successfully by schools to comply with Title IX, and the test offers three separate ways of assessing whether schools are providing equal opportunities to their male and female students to participate in athletics. If a school does not satisfy the "substantial proportionality" prong, it would still satisfy the three-prong test if it maintains a history and continuing practice of program expansion for the underrepresented sex, or if "the interests and abilities of the members of [the underrepresented] sex have been fully and effectively accommodated by the present program." Each of the three prongs is thus a valid, alternative way for schools to comply with Title IX.

The transmittal letter accompanying the 1996 Clarification issued by the Department described only one of these three separate prongs - substantial proportionality - as a "safe harbor" for Title IX compliance. This led many schools to believe, erroneously, that they must take measures to ensure strict proportionality between the sexes. In fact, each of the three prongs of the test is an equally sufficient means of complying with Title IX, and no one prong is favored. The Department will continue to make clear, as it did in its 1996 Clarification, that "[i]nstitutions have flexibility in providing nondiscriminatory participation opportunities to their students, and OCR does not require quotas."

In order to ensure that schools have a clear understanding of their options for compliance with Title IX, OCR will undertake an education campaign to help educational institutions appreciate the flexibility of the law, to explain that each prong of the test is a viable and separate means of compliance, to give practical examples of the ways in which schools can comply, and to provide schools with technical assistance as they try to comply with Title IX.

In the 1996 Clarification, the Department provided schools with a broad range of specific factors, as well as illustrative examples, to help schools understand the flexibility of the three-prong test. OCR reincorporates those factors, as well as those illustrative examples, into this Further Clarification, and OCR will continue to assist schools on a case-by-case basis and address any questions they have about Title IX compliance. Indeed, OCR encourages schools to request individualized assistance from OCR as they consider ways

to meet the requirements of Title IX. As OCR works with schools on Title IX compliance, OCR will share information on successful approaches with the broader scholastic community.

Second, OCR hereby clarifies that nothing in Title IX requires the cutting or reduction of teams in order to demonstrate compliance with Title IX, and that the elimination of teams is a disfavored practice. Because the elimination of teams diminishes opportunities for students who are interested in participating in athletics instead of enhancing opportunities for students who have suffered from discrimination, it is contrary to the spirit of Title IX for the government to require or encourage an institution to eliminate athletic teams.

Therefore, in negotiating compliance agreements, OCR's policy will be to seek remedies that do not involve the elimination of teams.

Third, OCR hereby advises schools that it will aggressively enforce Title IX standards, including implementing sanctions for institutions that do not comply. At the same time, OCR will also work with schools to assist them in avoiding such sanctions by achieving Title IX compliance.

Fourth, private sponsorship of athletic teams will continue to be allowed. Of course, private sponsorship does not in any way change or diminish a school's obligations under Title IX.

Finally, OCR recognizes that schools will benefit from clear and consistent implementation of Title IX. Accordingly, OCR will ensure that its enforcement practices do not vary from region to region.

OCR recognizes that the question of how to comply with Title IX and to provide equal athletic opportunities for all students is a challenge for many academic institutions. But OCR believes that the three-prong test has provided, and will continue to provide, schools with the flexibility to provide greater athletic opportunities for students of both sexes.

OCR is strongly reaffirming today its commitment to equal opportunity for girls and boys, women and men. To that end, OCR is committed to continuing to work in partnership with educational institutions to ensure that the promise of Title IX becomes a reality for all students.

Thank you for your continuing interest in this subject.

Sincerely,

Gerald Reynolds
Assistant Secretary for Civil Rights

US Department of Education
Title IX Resources

Athletics: <http://www.ed.gov/about/offices/list/ocr/athleticresources.html>

Cheerleading: <http://www.ed.gov/about/offices/list/ocr/topics.html?src=rt#Cheer>

Same sex classes: <http://www.ed.gov/policy/rights/reg/ocr/t9-noi-ss.html> and/or
<http://www.ed.gov/policy/rights/guid/ocr/edlite-t9-guidelines-ss.html>

25 Years of Progress: <http://www.ed.gov/pubs/TitleIX/>

Resource Contact Page

1. To maintain a copy of the Middle / Jr. High School Athletic Manual you can contact the Department of Public Instruction at:

Website: www.ncpublicschools.org (free to download)

Phone: 1-800-663-1250;

Mailing Address: NCDPI, Communications and Information, Publications, 6306 Mail Service Center, Raleigh, NC 27699-6305

Street Address: 301 N. Wilmington St. Raleigh, NC 27601

2. For the National Federation rulebooks and Spirit Rules and Regulations you can contact the National Federation at:

Website: <http://www.nfhs.org> ;

Phone: (317) 972-6900;

Fax: (317) 822-5700;

Mailing Address: NFHS, PO Box 690, Indianapolis, IN 46206;

Shipping Address: NFHS Distribution Center, 1802 Alonzo Watford Sr. Drive, Indianapolis, IN 46202

3. To contact the State Middle / Jr. High School Athletic Consultant, you may call the NC DPI information desk at (919) 807-3300.
4. To contact the North Carolina High School Athletic Association for Officials information, contact the NCHSAA at:

Website: www.nchsaa.unc.edu

Phone: (919) 962-2345

5. To contact the NC Athletic Directors Association for updates on Middle School Regional Meetings or for AD national certification and meetings, you may call Jerry McGee at:

Phone: (252) 335-7396

Fax: (252) 335-7040

Mailing Address: NC Athletic Directors Association, PO Box 307, Elizabeth City, NC 27907

6. To contact the NC Alliance for Athletics, Health, Physical Education, Recreation and Dance for Athletic workshops, you may contact NCAAHPERD at:

Website: www.ncaahperd.org

Phone: 1-888-840-6500

Mailing Address: PO Box 27751, Raleigh, NC 27611

7. To contact the NC Coaches Association, you may reach them at

Phone: (336) 379-9095

Fax: (336) 379-0874

Mailing Address: 1101 Westover Terrace, Greensboro, NC 27408